**PA Announcements**[Name of Town] Child Nutrition Program is running a *What Makes Me Super* Essay/Poster Contest this month. All students who submit a recipe will receive a prize and one lucky winner from each school will win a grand prize. See your homeroom teacher for an application with contest rules.

**Soup or Salad Bowl:
PA Announcements**

Join us in the cafeteria tomorrow for our *Soup or Salad Bowl Party*. The kitchen is cooking up some special homemade soups and creative salads for the occasion. Wear your favorite football gear for a chance to win a prize.

Have you tried the new Salad Bar lately? Pair it with the Soup of the Day and you have a meal that is delicious and packed with lots of healthy stuff like potassium, fiber, calcium and protein!

Student 1: What are you having for lunch today?

Student 2: Soup and salad!

Student 1: Really? Salad is soooo boring

Student 2: No way man, our new Salad Bar in the cafeteria is packed full of cool toppings. My favorite is garbanzo beans!!!

Student 1: What the heck is a garbanzo bean?

Student 2: It’s a bean. Try it out at lunch today…you're gonna love ‘em!

Student 1: What soup often describes the weather?

Student 2: I don’t know what soup?

Student 1: Pea soup of course, and they’re cooking up some homemade pea soup in the cafeteria today.

Student 2: Mmmmmm, my favorite!

**Menu Blurbs**

**Soup or Salad Bowl:
Menu Blurbs**

[Name of Town] Child Nutrition Program is running a *What Makes Me Super* Essay/Poster Contest this month. All students who submit a recipe will receive a prize and one lucky winner from each school will win a grand prize. Applications with contest rules will be coming home soon.

Join us in the cafeteria on date for our *Soup or Salad Bowl Party*. Our kitchens are cooking up some special homemade soups and creative salads for the occasion. Wear your favorite football gear for a chance to win a prize.

How many colors are in your salad? The more colors the more nutrients in every bite.

What soup often describes the weather? (Pea)

January is National Soup Month, so celebrate with a bowl of your favorite soup at lunch.

Vary your veggies for the big game…Eat a variety of veggies with the vitamins, minerals and fiber you need. Serve raw veggies with a dip made from low-fat yogurt and watch them disappear.

Whole grains are higher in fiber which helps keep your heart and healthy. Put your game day sandwich sliders on whole wheat and watch them disappear.

Add some zing to your soups and salads by topping them with reduced-fat cheese.

Take the rainbow challenge: see how many different colored fruits & vegetables you can fit in your salad.

Whole grain crackers, rolls or breadsticks are a perfect match for soups & salads.

Play 60 Before the Game: Get in the spirit on game day: invite your friends over for some pre-game flag football.

Play 60 During the Game: Take the commercial break challenge: jog in place or have a push-up or sit-up contest.